Obituary.

SIR THOMAS SMITH CLOUSTON, KT., M.D.EDIN., LL.D.EDIN. AND ABERD.,

FORMERLY MEDICAL SUPERINTENDENT, ROYAL ASYLUM, EDINBURGH.

SIR THOMAS SMITH CLOUSTON, whose death took place suddenly at his residence in Edinburgh on the morning of April 19th, would have been 75 in a few days, for he was born on April 22nd, 1840. Sir Thomas, who may fairly be termed the *doyen* of British alienists, was an Orcadian, the younger son of the late Robert Clouston of Nist House, Orkney, and among the many honours he received there was none he valued more highly than the freedom of Kirkwall, which was bestowed upon him in 1908. He was educated at Aberdeen (West End Academy) and afterwards at Edinburgh University, where he graduated M.D. in 1861, receiving a gold medal for his thesis. It is interesting to note that the two fellow graduates who shared this graduation honour with him were James Bell Pettigrew, the anatomist, and John Anderson, the naturalist. Clouston had already in 1860, before he was 21 years of age, gained the licence of the Royal College of Surgeons of Edinburgh; he was elected a Fellow of the Royal College of Physicians of Edinburgh in 1873. He was Fothergill Gold Medallist in 1870.

There was no Ettles Scholarship in Clouston's time to mark out the best man of the year at graduation, but it was almost, if not quite, an equivalent to be offered the assistant physicianship at Morningside Asylum, and this came to the young and distinguished Orcadian. After being for four years at Morningside under the late Dr. Skae, Clouston was appointed medical superintendent of the Cumberland and Westmorland Asylum at Carlisle, and there he continued, doing excellent work, till 1873, when he was elected to succeed his former chief at Morningside. This appointment was Sir Thomas Clouston's great opportunity, and right well he availed himself of it. From 1873 till 1908 he presided over the fortunes of Morningside Asylum, and saw one after another the reforms, with which his name is associated, introduced and made effective. Great rebuilding schemes were planned and carried through, the directors expending the sum of £180,000 in the thirty-five years during which Clouston acted as physician-superintendent; Craig House was opened about fifteen years ago, and proved a complete success, the income from the better class of patients increasing during his administration from £6,000 a year to £35,000. In a word, the Royal Asylum, Morningside, came to stand for all that was good scientifically and medically, as well as for all that was humane and efficient, in the treatment of mental diseases and in the management of the inmates. Many prejudices were overcome in Clouston's time, and many irrational practices swept away for ever. It is no exaggeration to say that the superintendent's annual report was always awaited with interest and perused with profit by the profession, whilst the ideas of the public, not only of Edinburgh but of all Scotland, with regard to insanity were so greatly modified as to be recast.

Meanwhile Clouston had been training younger men in the methods he had himself found so successful, and ere long there set in a steady flow of young alienists from Morningside to fill, and to fill well, the posts of medical superintendents in similar institutions in many parts of the British Empire. More than this, the teaching of insanity was extended to undergraduates in a more direct fashion, when the University of Edinburgh appointed Dr. Clouston its first lecturer on mental diseases in 1879, although previous to this date the professors of the practice of medicine and Dr. Clouston himself had given lectures on the subject. It is noteworthy, too, that the lectureship on mental diseases was the first of the appointments of this kind made by the university; it was soon followed by that on diseases of the eye, and now there are many others. By his writings also he was doing much to spread the knowledge of an enlightened conception of the causes and nature of insanity and of the proper ways of dealing with the insane. Whether by his oral or clinical teaching, or by his books, he was always an inspiring and stimulating guide to students. His lectures had a freshness of outlook and a novelty of phraseology which were very attractive and served well to put the new ideas regarding mental diseases which they contained in a form acceptable to students approaching the subject for the first time. Sir Thomas had a vocabulary rich in appropriate adjectives, those touchstones of effective speaking and teaching, and many a time the present writer discovered that his note-taking had suffered through a too enthusiastic interest in the apt language in which the lecturer was clothing his pronouncements; his mind was so occupied by the teacher's fine periods that his pencil for the time being failed to work. Not a little of the charm of the spoken lectures reappeared in the printed book—*Clinical Lectures on Mental Diseases*—which served to make Clouston's name known all over the world. The first edition, published in 1883, was followed by five other editions in this country and by two in America. Possibly no other single work has done so much to popularize modern conceptions respecting the true nature and the enlightened modes of treating mental diseases. Other memorable volumes which came from his pen were *The Neuroses of Development*, *The Hygiene of Mind*, and *Unsoundness of Mind*, and for many years he was editor of the *Journal of Mental Science*.

But from the early days in 1863, when Clouston first appeared in print with his little book on the *Minute Anatomy and Physiology of the Nervous System in the Lobster*, right on to the past few months, when his *Morals and Brain* (reviewed in this JOURNAL (p. 717) on October 24th, 1914) was published, he never ceased to appeal to the earnest student of psychiatry and of the many moral and social problems which are so closely bound up with it. He was ever a pioneer in the teaching and practice of a sane and reasonable mental therapeusis. Reference has been made to his interest in the social and moral problems with which the work of the alienist is so closely associated; of these it will suffice to name education and alcoholism, in order to realize his influence on the current views which obtain on these matters. Marriage, too, and eugenics attracted his attention and engaged his pen, and his book, *Before I Wed*, contained sound advice delicately and yet forcefully presented. He played an important part in the establishment of a council of public morals in Scotland, and in the years which followed his retirement from the active work of Morningside Asylum he was ever ready to lecture to educationalists and the general public on questions affecting the morality and mental health of the nation, and his lectures were fertile in practical results. He gave evidence on behalf of the British Medical Association before the Royal Commission on Divorce and Matrimonial Causes in 1910. In his cultivation of the *mens sana* he never forgot the healthy body; indeed, he was himself an instance of both, and he greatly loved his fishing, shooting, and golf.

In later years honours were showered upon Clouston. He was President of the Edinburgh Medico-Chirurgical Society and of the Medico-Psychological Association; for two years he acted as President of the Royal College of Physicians of Edinburgh; Aberdeen (in 1907) and Edinburgh (in 1911) conferred upon him the honorary Doctorate of Laws; and in 1911 the King bestowed upon him the honour of knighthood. He was vice-president of the Section of Psychology of the annual meeting of the British Medical Association in Edinburgh in 1875 and president of the section at the meetings in 1886 at Brighton and again in Edinburgh in 1898.

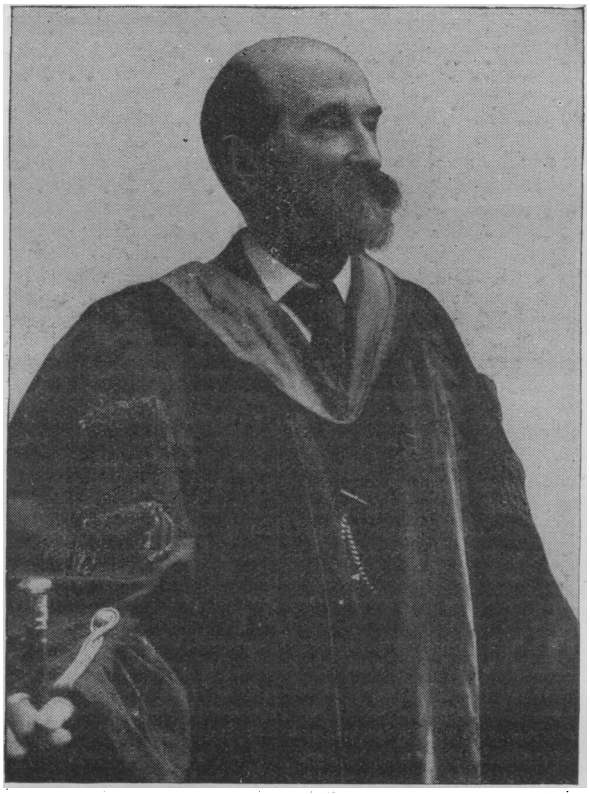
Sir Thomas Clouston married Harriet Segur, the daughter of William Storer of New Haven, Connecticut, U.S.A.; and he is mourned by Lady Clouston, by two sons, one of whom, J. Storer Clouston, has inherited the facile pen of his father, and has made a name for himself in fiction with *The Lunatic at Large*, *Count Bunker*, and *The Peer's Progress*, and by one daughter, the wife of Mr. David Wallace, C.M.G., the well-known surgeon.

It is hard to say in which sphere of professional activity Sir Thomas Clouston's influence has been most felt; certainly he has brought a breath of freshness into every department with which he has had to do, and has left a deep and lasting impression upon the minds of all who have worked with or under him. Possibly the palm must be given to his many productive years as physician and administrator at Morningside; but his influence and inspiration as the teacher of many hundreds of alienists must be regarded as nearly of equal value. By the

impact of his mind, ever alert and resourceful, as well as by his ready sympathy and clear vision of the future, he has made many contributions of high importance to the understanding and forwarding the movements in support of mental hygiene in education, of purity in morals, and of thoughtful reform in connexion with the evils of intemperance. He was a man of many interests and of wide influence, and the influence has always been on the side of medical, mental, and moral improvement of the race as well as of the individual.

Dr. JOHN MACPHERSON, Commissioner in Lunacy for Scotland, writes:

It is only those who can recall the position of psychiatry in this country more than thirty years ago who can appreciate fully our indebtedness to Sir Thomas Clouston. The history of psychiatry is the history of a struggle against abuses—physical, moral, and intellectual. The first two had been largely overcome when Clouston appeared upon the scene, but he found his life's work in combating an attitude of pessimism and agnosticism towards mental diseases which was too all prevalent, even among a large section of alienists. His method of warfare was the "gospel of work" indefatigably pursued in the clinical study of his patients. During the ten years he spent in the Carlisle Asylum he scarcely ceased to observe and to publish his observations, and although his work attracted little attention outside the speciality, it had its reward in helping him to attain a larger audience and a wider sphere of influence when he returned to Edinburgh in 1873. At Morningside he continued to pursue his clinical studies and such pathological researches as the comparatively crude knowledge of that time permitted. But it was in lecturing to students that he found an outlet for his gifts. In the early seventies mental disease was neither interesting nor attractive to medical students. The scintillating genius of such a mind as Laycock's (about this time Professor of Medicine in the university) might, so it was believed, shed occasional startling light upon this as upon other abstruse subjects; but the medical curriculum was too serious an undertaking to justify excursion into such unproductive bypaths. The revelation opened to the students who attended Clouston's earlier lectures completely overthrew these prejudices. The vigour of the lecturer's personality, the glamour of the subject which opened out a new world of scientific study, and the lucidity of exposition, captivated the imagination of those future members of the profession. When he ceased to lecture, thirty-five years later, psychiatry had become incorporated, as an ordinary subject, into the medical curriculum.



SIR THOMAS SMITH CLOUSTON, KT.
(Photograph by Jas. C. H. Balmain, Edinburgh.)

The publication of his *Clinical Lectures* in 1883 brought him deserved reputation, yet the book hardly did its author justice. Superficially regarded, it was more popular than scientific, and many of its most valuable ideas were overshadowed by what may be termed its propagandist character. I use the term advisedly, for it was one of his ruling purposes to convert the medical profession, and through them the public, from unworthy conceptions of mental disease into broader, more scientific views of its nature and origin. In the book there is to be found, for instance, a full exposition of his great conception of adolescent insanity, which he further elaborated in his Morison lectures on the "Neuroses of Development." This description forms the basis of all subsequent theories, including Kraepelin's dementia praecox, and had he published nothing else it would have been sufficient to ensure him a place among the great alienists.

By reason of his sterling worth he obtained a larger share of the public confidence than most men can boast of, and for the same reason, and on account of his high professional attainments, he enjoyed an extensive consulting practice. He welcomed new views and new theories sympathetically but he was seldom carried away by them, and was extraordinarily tenacious of his own earlier scientific opinions. We, his assistants, often differed from him profoundly, but we, one and all, regarded him as our master to whom we owed more than we could ever hope to repay.

Dr. H. HAYES NEWINGTON writes:

I offer, as an addition to the fuller account of Sir Thomas Clouston's work which you will doubtless provide, a few remarks on what I think to have been the critical period of his professional life. I refer to his appointment to the charge of the Morningside Asylum in 1873. I was then in residence there as assistant physician, and there is no one else who can speak of those times from personal knowledge. I have used the term "critical" because though Dr. Clouston (as he then was) had had ten years of asylum life, and had already made a name for himself by his many writings, especially on drugs and modification of temperature found with varying phases of insanity, his experience had been gained in an asylum of very moderate size in a quiet country district. He had yet to face the public of a metropolitan city and the judgement of a great university. In addition, he had to take up office under difficulties incident to want of a "chief's" supervision during the prolonged absence, from wearing and subsequently fatal disease, of his distinguished predecessor, Dr. Skae. The Scottish lunacy system was then only a bantling, for it was but a few years before that Scotland had been forced by popular resentment of bad practices towards the insane to insist on a radical change, which resulted in the present admirable legislation and administration. Morningside had been founded fifty years before, a fine example of tentative altruism, but it had later become stagnant, as proved by the progress to be shown. It sorely needed some measure of regeneration. It was fortunate, therefore, when the opportunity for regeneration arose, that the necessary qualifications of ability and temperament were to be found in the person of Dr. Clouston. Those qualifications revealed themselves, in my opinion, by his immense courage, by a prodigious power of work, by originality, by capacity for organization, and, above all, in broad liberality of view on all things, men and matters. Clouston was the last man in the world to be tied down by precedent, and at first his ways caused surprise, if not consternation, among the many devoted and old-standing servants of Morningside. One such measure was the disestablishment of those semi-detached buildings which, *secundum artem antiquam*, had housed the noisy and violent. These patients were carefully distributed among the other wards, where dilution had a speedy effect on their behaviour. The buildings vacated were subsequently

adapted as infirmaries, with the best effect. Interested onlookers began to learn that it was possible for a patient, when properly guided, to do most of his own repression, in place of looking for it to be done by others.

Then came the need for structural alterations to meet more enlightened treatment. The elaboration of ideas to this end added considerably to the burdens of the superintendent. Finance, in which Clouston was an adept, needed much forethought and some daring; but all difficulties and doubts were borne down by fiery determination, with, as we know, the happiest results.

I cannot speak intimately of the outside work done at that time by Clouston in securing the confidence of the public in consultation work; that he did earn that confidence is a matter of public knowledge. But I can speak intimately of the lectures which formed his passport to academic approval, since I attended officially the early series he delivered to the students at Morningside. I had the advantage of being enabled to compare these with a similar course given by Dr. Laycock in a preceding session at Morningside, for many of which I prepared the clinical material. The difference between the methods of these two great men was indeed marked. Laycock appeared to me to be the most observant and philosophical student of mental error that one could wish to hear, but in spite of much practical instruction given, he was ever the ideal of a professorial academician. He lacked the living forcefulness of Clouston's clinicality, if one may coin such a term. But then for many years the one had been the professor, while the other had lived with his patients. It has sometimes crossed my mind that Kraepelin is a mixture of the two, and this especially with reference to his views on dementia praecox. Clouston led the way by many years with his *Insanity of Adolescence*, and then the academic ways of Kraepelin were grafted on, not with universal acceptance.

As a "chief" Clouston was a good man to serve under. In addition to his intense earnestness he had, as said above, a most liberal view of insanity, which led one to see where risks could be run justifiably. He had a philosophical way of estimating and meeting trouble, while on suitable occasions he could demonstrate the usefulness of righteous wrath. He would never be "done" by anyone. He proved to one the need for ceaseless personal acquaintance with everything relating to his charge. Finally, he was truly loyal to his subalterns. This is not such a simple qualification as it might appear at first sight. It requires, in such places as asylums, a lively sense of altruism to prevent the chief giving his junior away by thoughtless or undue exercise of his prerogative and superior knowledge. Clouston had this sense.

DEATHS IN THE PROFESSION ABROAD.—Among the members of the medical profession in foreign countries who have recently died are Dr. A. M. Amadou, sometime lecturer on otology at the Harvard Medical School and author of numerous writings on the pathology of the ear, aged 47; Dr. Julius Arnold, retired professor of histology and pathology in the University of Heidelberg, aged 90; Dr. H. C. Baldwin, for many years a member of the staff of the Massachusetts General Hospital in the department of nervous diseases and one of the leading neurologists of New England, aged 55; and Dr. Albert Blum, *professeur agrégé* in the Paris Faculty of Medicine and author of numerous writings on surgical subjects.

WILLIAM THOMAS EDWARDS, M.D., F.R.C.S.,

CONSULTING PHYSICIAN, CARDIFF INFIRMARY; PAST-PRESIDENT OF THE BRITISH MEDICAL ASSOCIATION.

DR. W. T. EDWARDS, of Cardiff, a brief announcement of whose death appeared last week, was born in 1821 at Caerphilly, where his father practised. His grandfather was a well-known contractor, who designed and constructed the picturesque bridge at Pontypridd.

The elder Dr. Edwards had an extensive country practice, which he conducted on horseback; he was proud of his stable, and his son had the advantage of an active outdoor life in his boyhood and after his apprenticeship to his father. He pursued his medical studies at University College, London, and took the diplomas of M.R.C.S.Eng. in 1842, and L.S.A. in 1843. In 1844 he graduated M.B.Lond., gaining the gold medals in anatomy and physiology, materia medica, and midwifery. In the same year, after a brief period of practice at Llanfabon, he settled in Cardiff, then a small town with little more than 10,000 inhabitants, possessing neither docks nor railways. In 1849 he was appointed out-patient medical officer to the infirmary, than a very small institution, admitting 113 in-patients and 2,360 out-patients during the year. In 1851 he became honorary surgeon, a position which he resigned in 1860. Two years later he was appointed physician to the infirmary, and his connexion with the institution was maintained after his retirement from the active list by his appointment as consulting physician. He proceeded to the degree of M.D.Lond. in 1850, and in 1879 he was elected a Fellow of the Royal College of Surgeons of England.

WILLIAM THOMAS EDWARDS.
(Photograph by Alfred Freke, Cardiff.)

From an early period of his residence in Cardiff Dr. Edwards showed a keen interest in education. Beginning in a small way and assisted by a few friends he, in 1847, built a substantial single-story building known for many years as the British School. It provided elementary education for children of the working classes, the only other school in the town being one maintained by the Church of England. When school boards came into existence he became a member of that for Cardiff, and in 1890 was elected its vice-chairman. He was also governor of the Craddock Wells Charity until it was absorbed under the provisions of the Technical Education Act; Dr. Edwards went on to take as strong an interest in higher education. In 1872, when the question of founding a university college in South Wales was under consideration, he strongly supported the scheme and urged that the college should be established at Cardiff. When this was decided upon he made a donation of £500, and as a life-governor and in other capacities he ever afterwards laboured loyally and unostentatiously for the college, of which he was eventually elected vice-president.

When the British Medical Association accepted the invitation to hold its annual meeting in Cardiff Dr. Edwards was elected president, and he chose that occasion for giving effect to his long-felt desire for the establishment of a medical school in Cardiff. He offered £1,000 to found such a school in connexion with the University College, and his pupil and friend, Dr. William Price, also of Cardiff, made a gift of the same amount. Other contributions followed, and it was one of Dr. Edwards's proudest memories that he had been instrumental in bringing the school into being, as he foresaw that it would be one of the most useful and distinguished parts of the University of Wales.